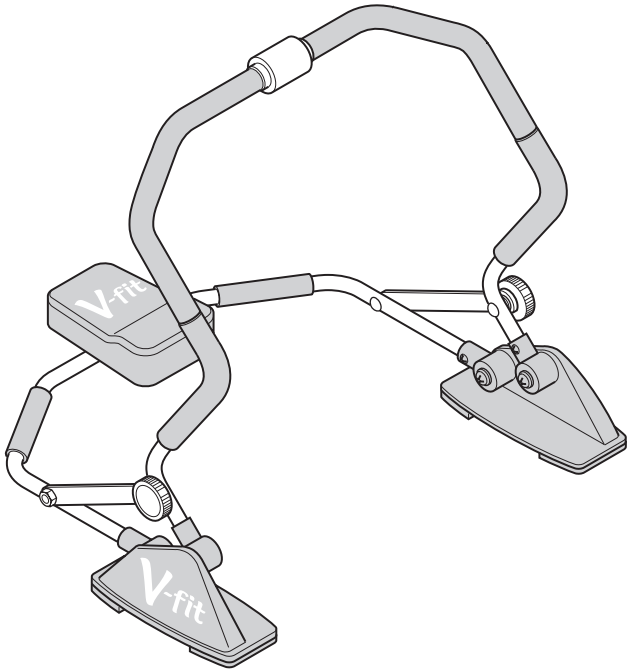
V-fit

by

BENY UK SPORTS LIMITED



Abdominus Tummy Trimmer

GE1

Assembly & User Manual

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General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact us first for help and advice, asking for CUSTOMER SUPPORT, by any of the following means.

Tel:- 0871 222 0881 or
Fax:- 01535 637722 or
Email:- support@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

Beny Sports Co. UK Ltd. *guarantee's its product range for* ***DOMESTIC USE ONLY*** *for a period of* ***1 YEAR*** *from the original certified date of purchase. During this period we have the right to: -*

a). Provide parts for the purchaser to effect repair.
b). Repair the product, returned to our warehouse (at the purchaser's cost).
c). Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we may ask for proof of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.

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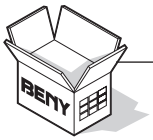
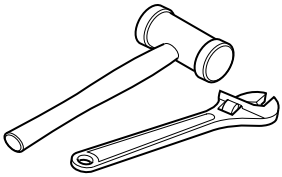


Before you Start



Tools

All V-fit products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved your doctor and proper use of your V-fit product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- *Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- *For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- *Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- *Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your V-fit product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- *Before use, always ensure that your V-fit product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- *Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

Your V-fit product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

Your V-fit product is suitable for users weighing:
220LBS / 15.7 Stones / 100KG or less.

Conformity

This V-fit product conforms to:
(BS EN 957) - PART 1 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.

Exercising Information

Beginning

How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you MUST start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.

Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.

Exercising Information

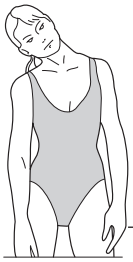
Target Zone *(con't)*

USERS AGE	UNCONDITIONED *TARGET ZONE - A*	CONDITIONED *TARGET ZONE - B*
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

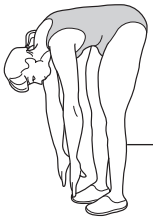
Warm Up and Cool Down Exercises



Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.

Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



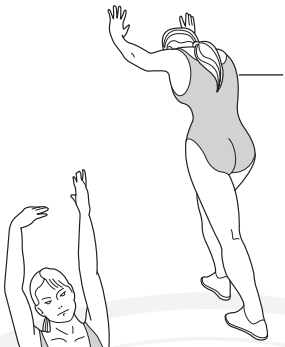
Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information

Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder.
Repeat 3 - 4 times.



Calf / Achilles Stretch

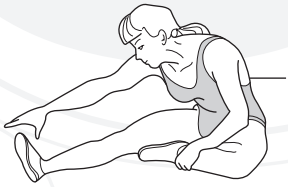
Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg.
Repeat 2 - 3 times.

Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm.
Repeat 3 - 4 times.

Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended.
Repeat 2 - 3 times.

Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minute

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.

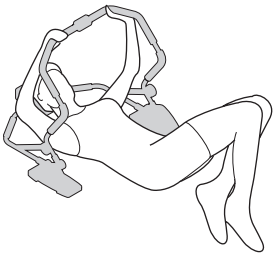
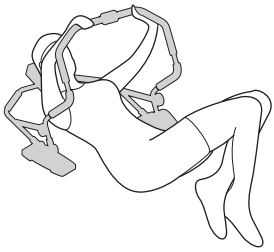
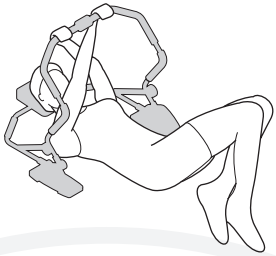
Exercising Information

EXERCISING WITH YOUR ABDOMINUS TUMMY TRIMMER

It is possible to perform each of these exercises with a variety of handgrip positions. In general, we suggest that you choose the hand position that you feel most comfortable with. The real importance is how you concentrate on the work being done by your abdominal muscles. To get the most from your Abdominus Tummy Trimmer and to ensure correct, safe operation, try to keep your head flat on the Headrest as this will ensure correct anatomical placement of the head and neck.

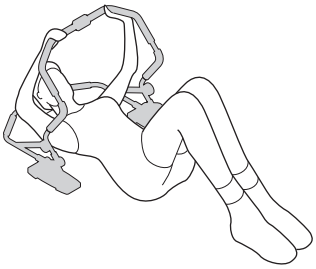
Oblique Lift

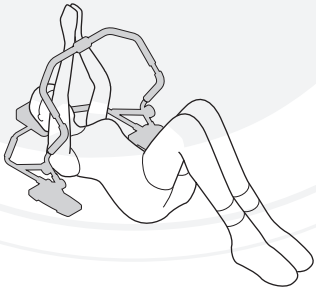
The oblique muscles are the muscles that run down the sides of your ribs. The oblique lift is designed to isolate these muscles. Rest your head on the Headrest of the Abdominus Tummy Trimmer. In the start position, you will be lying on the floor with your knees together and bent to the side. Holding the Abdominus Tummy Trimmer lightly slowly lift your body off the floor. Pause. "Crunch" forward until your shoulders are off the floor. Exhale and contract your abdominal muscles as you go up, inhale as you go down. After you complete a set, switch sides with your knees bent to the other side. Repeat as desired.

Crunch

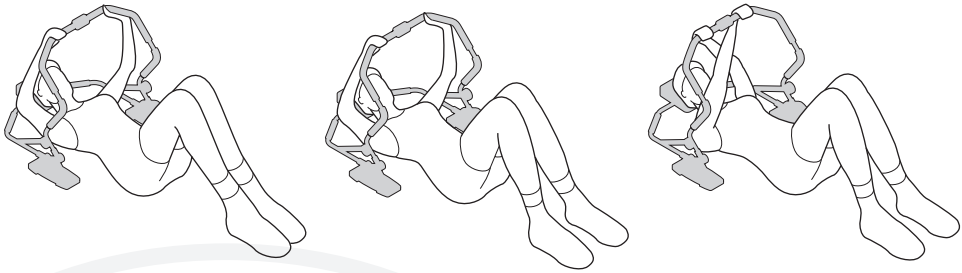
The crunch isolates the muscles that are in the front of the body. They are called the rectus abdominal, or your abdominal muscles. This exercise will isolate the upper abdominal muscles. Rest your head on the Headrest of the Abdominus Tummy Trimmer. In the start position, you will be lying flat on the floor, with your feet on the floor slightly bent. Slowly raise your body off the floor. You should be holding the Abdominus Tummy Trimmer lightly, don't grip too hard! "Crunch" forward until your shoulders are off the floor. Pause. As you lift up, exhale and contract your abdominal muscles. Inhale as you lower yourself to the starting position. Repeat as desired.





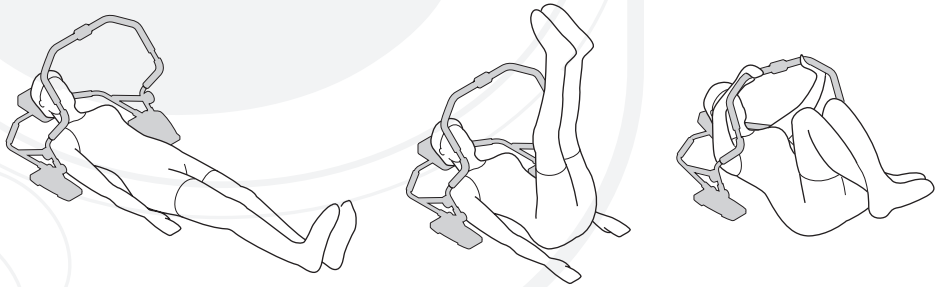
Complete Crunch

This crunch exercise is designed to work both your upper lower abdominal muscles at the same time. It combines the movements of the crunch and the reverse crunch. Rest your head on the Headrest of the Abdominus Tummy Trimmer. In the start position, you will keep your knees slightly bent as in the reverse crunch. Exhale and slowly raise your knees toward your chest as you raise your shoulders off the ground. The upper body is lifting as in the reverse crunch exercise. Inhale as you lower to the starting position. Repeat as desired.



Leg Lift / Reverse Crunch

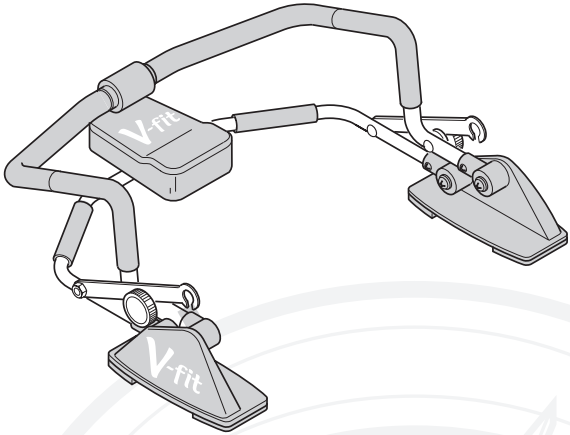
This reverse crunch exercise is to exercise isolate your lower abdominal muscles. Rest your head on the Headrest of the Abdominus Tummy Trimmer. In the start position you will be lying on the floor with your knees slightly bent, hold the foam bar of the Abdominus Tummy Trimmer lightly, you will only be using the Abdominus Tummy Trimmer for balance and stability in this exercise. Keeping your knees slightly bent, slowly pull your pelvis and legs up until your knees are above your chest. Pause and return to the starting position. Make sure you exhale and contract your abdominal muscles as you pull your knees towards your chest. Inhale as you lower to the starting position. Repeat as desired.



Exercising Information

FOLDING THE FRAME WHEN NOT IN USE

Your Abdominus Tummy Trimmer can easily be converted to and from its folded position by loosening the M6 Plastic Locking Knobs (22), releasing the Frame Link Plates (13) and folding the Headrest Frame (2) and Handrail Frames (11) towards each other. Your Abdominus Tummy Trimmer can then be conveniently stored in a cupboard or under the bed.



Note

In the interest of safety, do NOT use polish or any lubricant on the Headrest, Foam Handgrips or Base Frame Grip Pads.

LUBRICATION and MAINTENANCE

The moving parts in your Abdominus Tummy Trimmer are all pre-lubricated at assembly or have impregnated plastic parts and should not require further attention. We recommend however that the Abdominus Tummy Trimmer is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry your Abdominus Tummy Trimmer and any attachments before use.

Exercising Information

V-*fit* ABDOMINUS EXERCISE MONITOR USER INSTRUCTIONS

Your **V-*fit*** Exercise Monitor has been specially designed to help you plan and view your exercise performance.

EXERCISE MONITOR FUNCTIONS

All **V-*fit*** Exercise Monitors have **SOME** or **ALL** the following functions: -

CALORIES ~ (COMPUTED THEORETICAL CALORIE BURN)
PULSE ~ (ACTUAL EXERCISE PULSE RATE) - (WHERE FITTED)
SCAN ~ (CHANGING FROM FUNCTION TO FUNCTION)
TIMER ~ (COUNT UP [Minutes and Seconds])
REPS ~ (ACTUAL EXERCISE REPS)

MONITOR FUNCTION SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
REPS	FULL STRIDES (COUNT UP)
PULSE	40 - 220 BEATS PER MINUTE - THUMB ACTIVATED
SCAN	SHOWS EACH FUNCTION EVERY 6 SECONDS
TIMER	0.00 - 99.59 MINUTES (COUNT UP)

MONITOR OPERATING SPECIFICATIONS

POWER SOURCE	2 x AAA (1.5v) POWER CELLS
STORAGE TEMPERATURE	-10c - +60c
NORMAL OPERATING TEMPERATURE	0c - +50c

USING THE V-*fit* EXERCISE MONITOR ON YOUR ABDOMINUS

To provide ease of use, there is only 1 button on your **V-*fit*** Exercise Monitor: - **MODE**
Press the **MODE** button once to move onto the **SCAN** mode. The display will change **EVERY 6 SECONDS** to show each function in turn.
To manually move through each of the Exercise Monitor's functions in turn, press the **MODE** button **TWICE**. The Exercise Monitor's functions are in order: - **SCAN**, **TIMER, REPS, PULSE and CALORIES**.
Pressing and holding the **MODE** button for more than 3 seconds when you are in each mode will enable you to set to zero any previous figures remaining in each individual function.
Either press the **MODE** button or start to exercise and the Exercise Monitor will begin to register the various functions.

Exercising Information

Note

To ensure that the Exercise Monitor operates correctly, please ensure, when you are positioned in the Abdominus Tummy Trimmer frame that the screen on the Exercise Monitor is directly in your line of vision. This Exercise Monitor is fitted with a small, sealed mercury operated counter, which enables the Exercise Monitor to register the number of repetitions made during use and the exercise duration and will only operate when positioned in this manner.

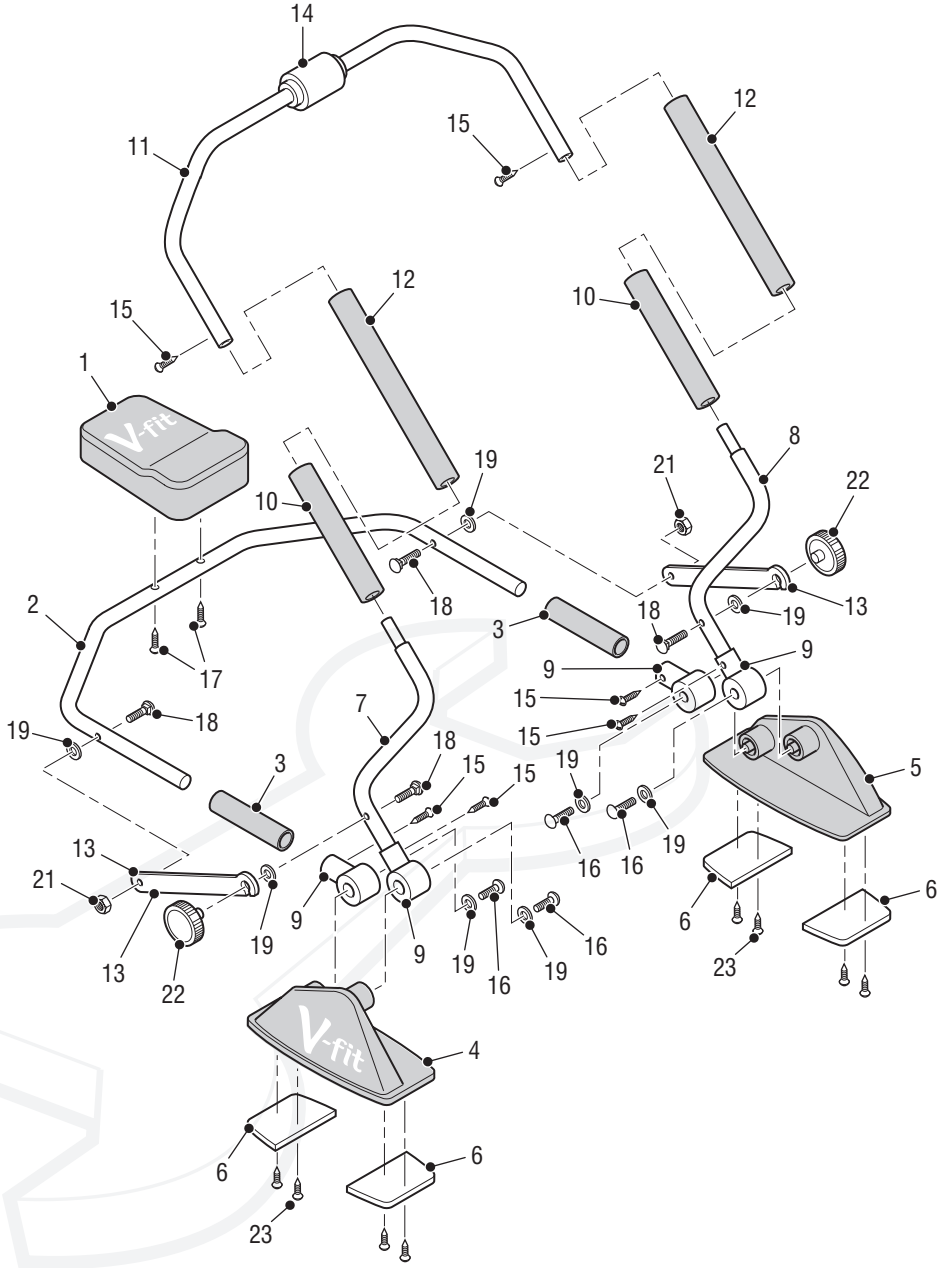
INSTALLING OR CHANGING THE BATTERY

Open the Exercise Monitor (20) by pressing the side tabs in the case. Install the two "AAA" Battery supplied with the Exercise Monitor ensuring that you check the polarity first. Place the 2 halves of the Exercise Monitor case around the exposed area on the Handrail Frame and with the Exercise Monitor screen facing down towards your intended line of vision when using the Abdominus Tummy Trimmer, snap the assembly together.

TROUBLESHOOTING

If your Exercise Monitor does not work, replace the Battery first, carefully checking the contacts. If it still fails to work, contact our Customer Support Team at the address shown on the back page of this Assembly and User Guide.

Assembly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Assembly

MASTER PARTS & ACCESSORY LIST

PART No.	DESCRIPTION	QTY
1	HEADREST	1
2	HEADREST FRAME	1
3	HEADREST FRAME BUMPER FOAM	2
4	BASE FOOT (RIGHT)	1
5	BASE FOOT (LEFT)	1
6	BASE FOOT RUBBER GRIP PAD	4
7	PIVOT FRAME (RIGHT)	1
8	PIVOT FRAME (LEFT)	1
9	PIVOT FRAME MOULDINGS	4
10	PIVOT FRAME FOAM GRIPS	2
11	HANDRAIL FRAME	1
12	HANDRAIL FRAME FOAM GRIPS	2
13	FRAME LINK PLATE	2
14	EXERCISE MONITOR	1
15	SCREW M6 X 8mm	6
16	SCREW M6 X 20mm	4
17	SCREW M6 X 35mm	2
18	CARRIAGE BOLT M6 X 40mm	4
19	M6 FLAT WASHER	4
20	M6 CURVE WASHER	2
21	M6 NYLON LOCKNUT	2
22	M6 PLASTIC LOCKING KNOB	2
23	SCREW M6 X 5mm	8

Assembly

Beny Sports Co. UK Ltd.
Greenroyd Mill,
Sutton in Craven,
Keighley, West Yorkshire
BD20 7NG

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

PLEASE NOTE that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Tel:- 0871 222 0881 or
Fax:- 01535 637722 or
E-mail:- beny@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday.

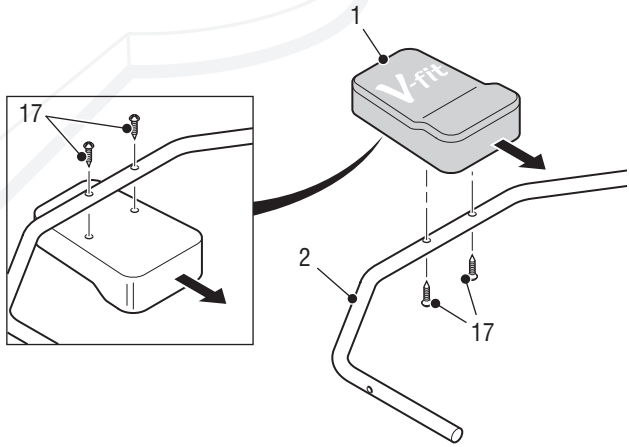
Note

Some of these parts are pre-fitted at the factory to facilitate easier assembly. We suggest that you loosely fit all the components together first before contacting our Customer Support team about any missing parts.

1 *Attach the Headrest (1) to the Headrest Frame (2) using the 2 x M6 x 35mm Screws (17). Align the Headrest and securely tighten the screws.*

Note

Ensure that when completely assembled, the THICKER part of the Headrest is angled downwards, just touching the floor. This will ensure correct placement of the head and neck during use. As you look at the assembled Abdominus Tummy Trimmer when complete, the V-fit print on the headrest will be facing you.

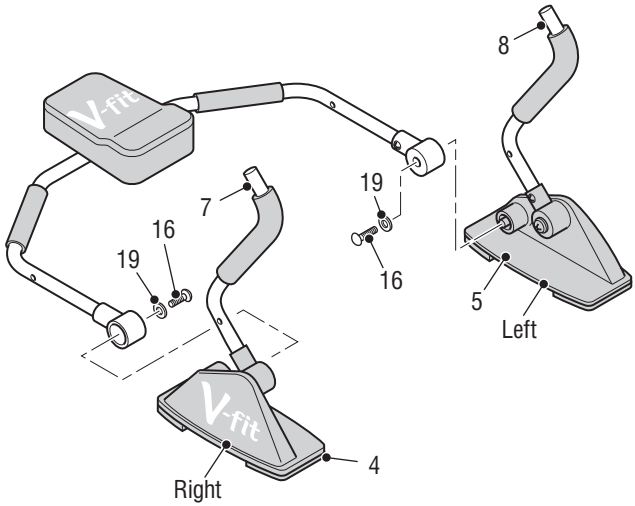


Assembly

2 *Attach the RIGHT sided (marked with a Green R sticker), pre-assembled Base Foot (4) and RIGHT sided Pivot Frame Assembly (7) to the Headrest Frame by carefully tightening 1 x M6 x 20mm Screw (16) with 1 x M6 Flat Washer (19), ensuring that the fixing is secure.*

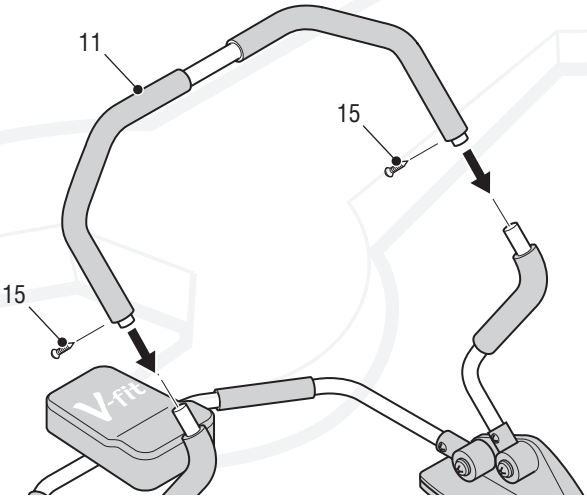
Note

Do NOT over tighten but ensure that all free play is removed from the fixing.



3 *Repeat the above operation for the LEFT sided (marked with a Red L sticker) pre-assembled Base Foot (5) and Pivot Frame Assembly (8).*

4 *Fit the Handrail Frame (11) to the assembled Base Frame, securing in place with 1 x M6 x 8mm Screw (15) for each side.*



Note

Securely tighten both Screws to ensure stability of the frame in use.

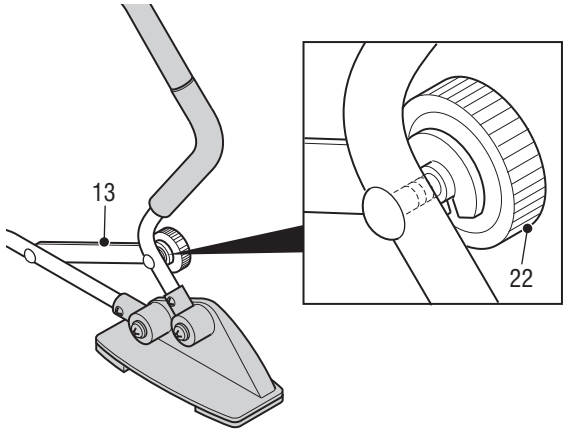
Assembly

5

Connect the free end of each of the Frame Link Plates (13) to the left and right sides of the assembled Handrail Frame. First loosen or remove the 2 x M6 Plastic Locking Knobs (22) to allow initial fitment of the Frame Link Plates and then re-fit or re-tighten the Locking Knobs, ensuring that the cut-outs in each Link Plate fits over the brass insert in the Plastic Locking Knob.

Note

Securely tighten both Plastic Locking Knobs to ensure stability of the frame in use.



Note

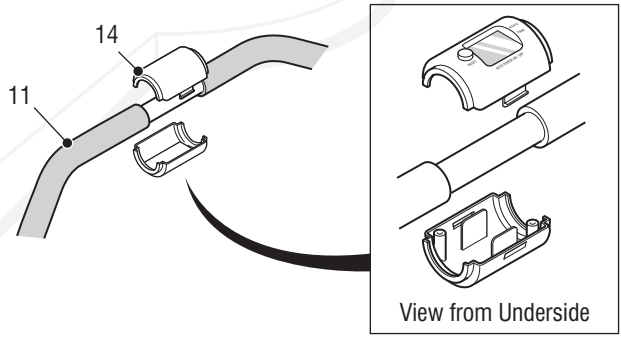
6

There are NO screws to fit the 2 parts of the case together, simply push both shells together firmly.

Open the Exercise Monitor (14) by pressing the side tabs in the case. Install the single "AAA" Battery supplied with the Exercise Monitor ensuring that you check the polarity first. Place the 2 parts of the Exercise Monitor case around the exposed area on the Handrail Frame and with the Exercise Monitor screen facing down towards your intended line of vision when using the Abdominus Tummy Trimmer, snap the assembly together.

Note

To ensure that the Exercise Monitor operates correctly, please ensure, when you are positioned in the Abdominus Tummy Trimmer frame that the screen on the Exercise Monitor is directly in your line of vision.



This Exercise Monitor is fitted with a small, sealed mercury operated counter, which enables the Exercise Monitor to register the number of repetitions made during use and the exercise duration and will only operate when positioned in this manner.

Excercise Notes

Use this space to record your own exercise routine results.

V-fit

by

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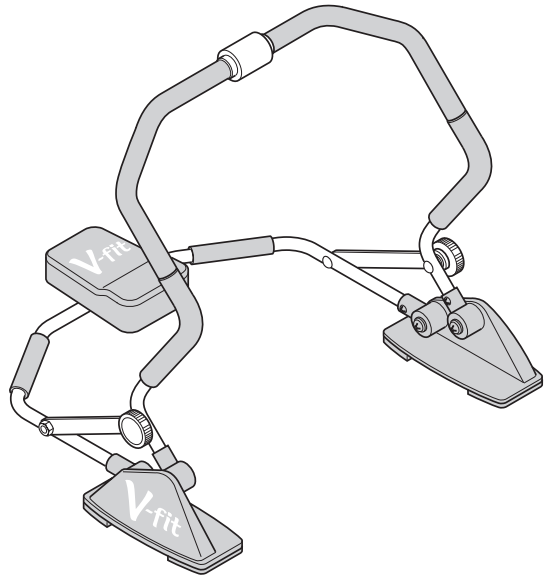

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